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Winter 2012

## College of Human Sciences Matters (Winter 2011–2012)

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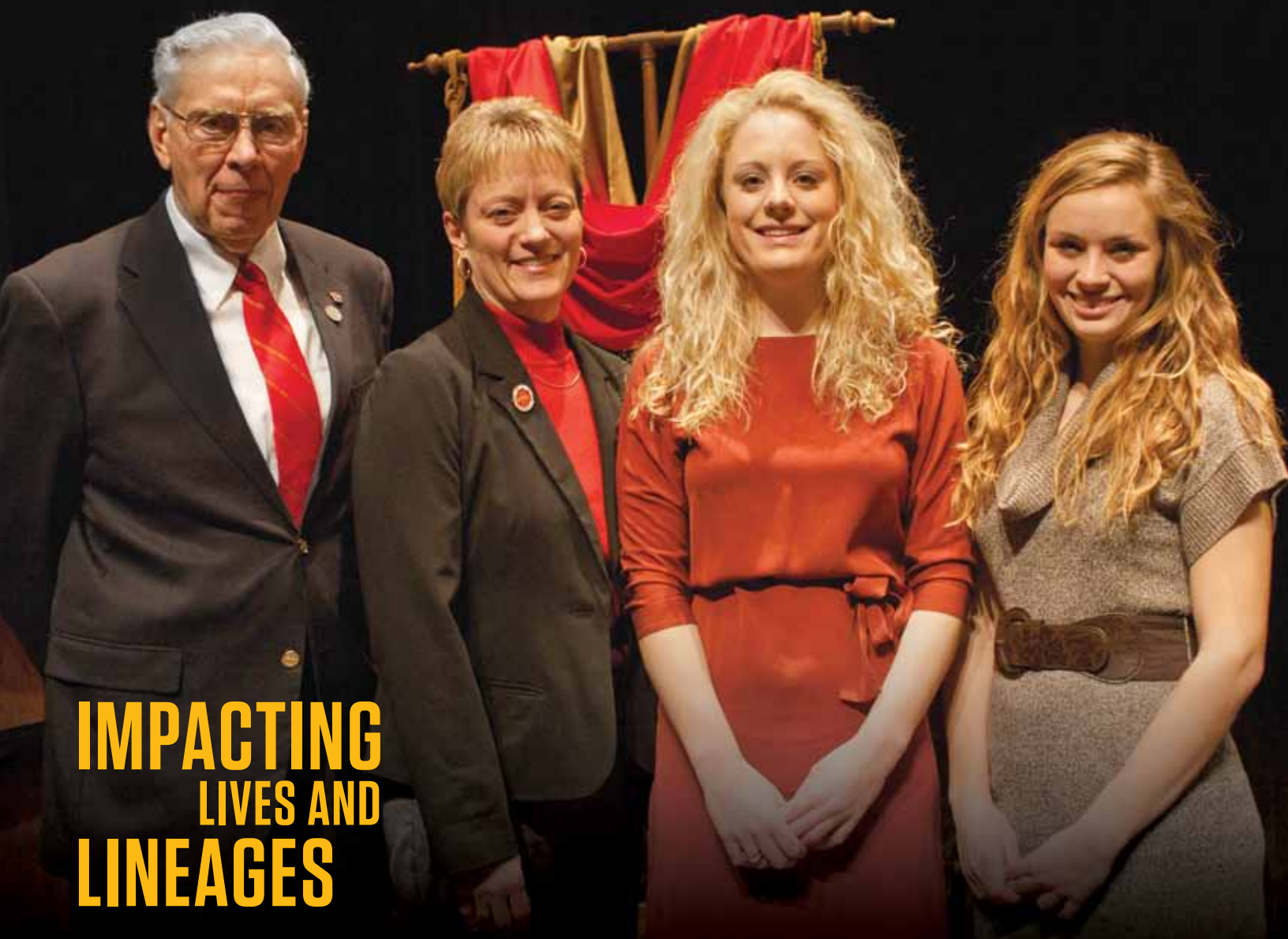
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College of  
**HUMAN  
SCIENCES**

Winter 2011-2012

# Matters



**IMPACTING  
LIVES AND  
LINEAGES**

IOWA STATE UNIVERSITY

Family Legacy

Home Sweet Cyclones

Building Tradition



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*Dean Pamela White (right) and Vice President of the Human Sciences (Student) Council Beth Mabary (center) take Iowa State University President Steven Leath (left) on a tour of the College of Human Sciences facilities. Photo by Robert Elbert/University Relations.*

**Dear Alumni and Friends,**

**Kinship. We inherit it from some. We foster it with others. Families nourish us, fortify us, and challenge us. They instill our values, shape our aspirations, and color our ideas. The effects of lineage are apparent in nearly every aspect of our behavior.**

**For generations, a family's influence on living and learning has been studied by Iowa State University scholars. Hundreds of these scholars have even followed in their own families' footsteps to earn degrees in College of Human Sciences fields.**

**In this issue of Matters, we walk down memory lane with a sampling of these families. We tap grandmothers' recollections of college days gone by and glean their grandchildren's impressions of contemporary college careers.**

**As you might expect, family influence runs deep among these alums – but each of these broods also enjoy great commonalities with the others. Each alumni-member of these clans demonstrates caring and nurturing behavior. Each shares a profound respect for human dignity and the potency of education. And each values the lasting difference a single, well-educated individual can make in the lives of others.**

**Perhaps most importantly, these alums don't just share these values, they actually live them. Wherever their branch of the College of Human Sciences tree stretches, it radiates better use of science to improve living and learning.**

**Thank you for holding up your own bough of the Human Sciences tree. Through your work, your advocacy, and your generosity, you help Iowa State University and the College of Human Sciences flourish – and further expand human potential.**

**Sincerely,**

**Pamela J. White**  
Dean



## Expanding Human Potential. Improving People's Lives.

In the College of Human Sciences, we are driven by a passion to help people. We study every aspect of their daily lives, whether it's how they learn, how they eat, or how they exercise. How they spend money. How they vacation. How they stay well. Even how they dress. We help people expand their potential. Welcome to our world.

### On the cover:

From left: Don Goering, Deborah Sinclair, Heather Sinclair, and Hannah Sinclair celebrate the graduation of another College of Human Sciences student in their family. Heather Sinclair served as the college marshal at the fall 2011 university commencement ceremony. Photo by Kara Cipolloni.

Contrasting yesteryear and today, this issue features alums with intergenerational familial ties to the Iowa State University College of Human Sciences.

**College of Human Sciences Matters** is a semi-annual, print magazine for alumni and friends of the Iowa State University College of Human Sciences (CHS).

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# Mother and son reflect on their Iowa State University experience

By Mary Jo Glanville

Sandra Hammerand Uelner (B.S. '58, home economics journalism) thought Iowa State was just the right size when she arrived on campus in 1955. Undergraduate enrollment had reached 10,000 students. The College of Home Economics had 1,845 students, including two men.

Twenty-five years later, when her son Steven Uelner (B.S. '84, hotel, restaurant, and institution management) began his freshman year, the numbers had changed dramatically. There were nearly 21,000 undergraduates on campus with 1,442 students in home economics (education and applied art had both moved to new colleges). Steve was one of 62 men now in the college.

Enrollment, of course, was just one of many changes that occurred in those 25 years. How students dressed as they made the long trek across "Little Siberia" for class in MacKay Hall was also very different. It was only on the very coldest of days that girls were allowed to wear pants, according to Sandy. By the 1980s, of course, blue jeans were the standard for everyone.

While life in the dorms had some differences for Sandy and Steve, it was a highlight for both.

Sandy lived in several different dorms, including Welch, Oak, and Linden Halls. The girls on the floor became close friends and shared good times despite having to abide by a lot of rules. Signing in and out, strict curfews, and having to dress for

dinner were just a few of the rules that would be long gone by the 1980s.

Steve's dorm room was actually in the Memorial Union for the first three weeks of school. His assigned dorm – Pearson House in Friley Hall – was being renovated and wasn't ready when school started. "They housed us in the Memorial Union, and we got maid service," he recalled. "Once in the dorm, the guys really stuck together. We were like a fraternity and just about everyone stayed for three years, so we really grew up together. Many of us stay in touch today."

The curriculum was different as well. As part of the home economics core curriculum, Sandy took classes in applied art, household equipment, child development, and textiles and clothing. The summer of 1958, she lived in the home management house with seven other girls. Along with planning and preparing meals and learning proper etiquette, they took care of an infant.

"That was the last session for there to be a baby in residence," she explained. "It was a great experience for me and helped me a lot when I became a mother."

Steve's goal was to work in the travel and tourism industry, so he majored in hotel, restaurant, and institution management. His curriculum included business courses, along with food and nutrition and institution management



From left: Sandra Uelner and Steve Uelner reflect on the differences in their Iowa State University education twenty-five years apart.

courses. Although he wasn't too keen on the food side of the program, he admits the Tearoom experience has had long-lasting value.

"I was not a natural cook by any means," he said, "but by the time I left, I could actually cook and prepare a nice meal."

Following graduation in 1984, Steve began his career with a travel agency. In 1986, Roy Reiman, head of Reiman Publications and a family friend and mentor, asked him to join his travel business, World Wide Country Tours in Milwaukee. The tours featured travel destinations from Reiman's magazine. Today Steve is the director

of World Wide Country Tours, overseeing a staff of 20 that leads tours to "off-the-beaten-path" places all over the world.

Sandy, meanwhile, spent many years as a volunteer at the Children's Hospital of Wisconsin. She "retired" in 2001 with 7,200 hours of service.

## A family's interest in nutrition

By Mary Jo Glanville

Laura Moeller and her husband Matt Rowling both focus on nutrition as a way to improve human health. But they do it in different ways.

Laura (B.S. '00, nutritional science; M.S. '01, nutrition) is a family physician in Boone, Iowa. She earned her medical degree at the University of Iowa and did her internship and residency in family medicine in South Bend, Ind. Regardless of age, nutrition and wellness are topics she discusses with nearly all of her patients.

"I coach moms on breastfeeding and introducing solid foods as well as healthy snacks and not going overboard on juices," she said. "With my adult patients, we talk about healthy lifestyle choices and ways to improve health and lower the risk of cardiovascular disease and cancers as well as prevention of bone loss."

Meanwhile, Matt (Ph.D. '04, nutrition) is an assistant professor of food and nutrition and a scientist in the Nutrition and Wellness Research Center at Iowa State. He chose Iowa State for his graduate program because he could incorporate his interests in nutrition, biochemistry, and physiology. Today, he teaches topics like nutrition, healthy lifestyles, and nutrient metabolism. In his research,

he studies the role vitamin D plays in diabetes and cancer.

Nutrition education extends to Laura's mom, Bonnie Keppy Moeller, as well. A registered dietitian and consultant, Bonnie teaches courses for the Eastern Iowa Community College District and has served as the dietitian for three long-term care facilities, a Head Start program, and a county jail. "It is never dull," she said, "and it ensures that I keep myself abreast of new information."

Like her daughter and son-in-law, Bonnie (B.S. '65, food science) is a Human Sciences alum. She came to Iowa State because she was interested in experimental foods. "My friends were all choosing teaching or nursing, but I was going to be the next Betty Crocker," she said.

Her career path changed when a hospital she was interviewing with offered to sponsor her so that she could gain the necessary experience to become a dietitian. It was a move that's given her a very satisfying career, helping to provide healthy diets for many people.

Bonnie's older daughter Audrey Moeller Amsden earned her degree in hotel, restaurant, and institution management in 1990. Although she started in a foods-related career



From left: Bonnie Moeller and Laura Rowling, mother and daughter were both drawn to Iowa State University for the educational opportunities in nutrition.

doing some catering and teaching at the community college level, Audrey said she had to reinvent herself when she and her husband Alan (B.S. '90, industrial engineering) moved to North Carolina.

Today she operates a children's clothing and toy resale business, which allows her to be home with her three young children.

With all of the Iowa State alumni in the Moeller family, will another generation be coming to Iowa State? In fact, two are already here. Well, sort of. Moeller and Rowling's daughters attend the Iowa State Child Development Laboratory School.

"My father-in-law keeps asking me if our daughter Lily has declared a major yet," Rowling said.

# Iowa State history tied to Robinson family

By Scott Schrage

Dan Robinson has dedicated much of his life to expanding educational opportunities at Iowa State. His efforts have paved the way for countless students – including his son and daughter. In 1965, Robinson (B.S., physical education / sociology, '70; M.S., '72, Ph.D., '78, higher education administration / counseling psychology) stepped onto Iowa State's campus as one of the few students of color. By 1978, Virgil Lagomarcino had appointed him the former College of Education's first black assistant dean. He later became the first black chair in the Department of Educational Leadership and Policy Studies (ELPS), where he currently serves as University Professor and Director of Graduate Education for the College of Human Sciences.

In co-developing the nation's first social justice certificate program and the university's Dialogues on Diversity course, Robinson has helped ELPS become the university's leading department for students and faculty of color.

"I am extremely proud to be a part of a department that serves as a role model for the rest of the university," Robinson said. "Now that I'm in the latter part of my career, I've gotten to see the programs and faculty that we put in place years ago set the stage for folks to benefit now."

Robinson's son Aaron and daughter Lindsay Robinson-Moser grew up witnessing their father's impact on Iowa State students – and

experienced it immediately upon becoming Cyclones.

"He played an integral role in helping me identify a career path of interest and course of academic study, providing insights and advice on ways to get involved in leadership positions on campus," said Aaron (B.S., exercise and sports science, '99), who has



*Daniel Robinson is a University Professor and director of graduate education in educational leadership and policy studies.*



*Lindsay Robinson Moser works for Principal Financial Group in Des Moines, Iowa.*



*Aaron Robinson has worked for the Cleveland Browns and the NCAA.*

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worked for the Cleveland Browns and NCAA. "My dad's insights and direction helped guide me to a well-rounded and rewarding collegiate experience at Iowa State."

Shortly after arriving on campus, Lindsay (M.S., student affairs / higher education, '04) and future husband Andy Moser (B.S., exercise and sports science, '01; M.S., education, '03) attended an orientation led by her father. They later took a Robinson-taught counseling and group dynamics class as engaged master's students.

"It was fantastic, because the topics we discussed in class almost made it feel like we were at home in the living room," said Lindsay, who has since recruited many Iowa State students to work for Principal Financial Group in Des Moines. "One of the things I love is the opportunity to have great in-depth conversations about how times have changed and evolved."

Both Aaron and Lindsay expressed pride in their father's contributions to that progress – and the opportunity to follow the path he has paved.

"The evolution of where Iowa State started to where it is headed will become history within our family," Lindsay said. "That's what I love about being a second-generation Cyclone."



# An unlikely start in home economics leads Morgan to medicine

By Mary Jo Glanville

Sarah Morgan followed in her mother's footsteps when she chose Iowa State's College of Home Economics for her undergraduate work and her father's when she went on to earn her medical degree at the University of Iowa.

Home economics isn't the most common preparation for medical school, but Morgan (B.S., '77, food and nutrition-related sciences and dietetics) said her undergraduate work at Iowa State was one of the best possible preparations she could have ever had.

Today she is professor of medicine and nutrition sciences in the School of Medicine at the University of Alabama at Birmingham (UAB) and medical director of the Osteoporosis Prevention and Treatment Clinic and Bone Densitometry Service. This year she is president of the International Society of Clinical Densitometry. In this role, she teaches a basic bone densitometry course around the country and has been involved with lobbying legislators on issues related to bone density and Medicare payments.

Morgan didn't set out to be a physician. "I wanted to study home economics because that is what my mother did," Morgan said.

Although she had always figured she would get a graduate degree so she could teach and do research, Morgan hadn't considered becoming a physician until she did a dietetics practicum her junior year at the University of Iowa Hospitals and Clinics.

"The dietitians actually taught medical students about things like sodium restriction and low-cholesterol diet, and it really clicked with me," she explained.



*Sarah Morgan is a professor of medicine and nutrition sciences at the University of Alabama at Birmingham.*

"I became very interested in teaching physicians about nutrition and concluded that

getting a medical degree would be the best way to do that."

Morgan earned her medical degree and completed her internship and residency in internal medicine at the University of Iowa. A fellowship in clinical nutrition took her to UAB, and she has been on the faculty ever since.

And as far as that broad-based curriculum she had at Iowa State, Morgan said she would have gladly taken more chemistry and biochemistry courses, but it was courses in child development, applied art, and institution management that have helped give balance to her life. Morgan's husband Jerry Snead and two toy poodles contribute to that balance as well.

## Teacher Ed. Graduates

Effective May 2012, Career Services will no longer manage credential files for teacher education graduates. For more information, visit [hs.iastate.edu/credentials](http://hs.iastate.edu/credentials)

## Watch for School of Education, July 1

The Iowa Board of Regents has granted approval to establish a School of Education at Iowa State University, effective July 1, 2012. The measure draws several highly respected, long-established programs together under a common administration.

The move joins academic programs, research, outreach, and services currently offered by the Department of Curriculum and Instruction, the Department of Educational Leadership and Policy Studies, and the University Teacher Education Program. Those divisions will be dissolved, but their offerings will continue in the School of Education.

The action is designed to enhance the future of its component disciplines by demonstrating collaboration across a wide range of educational expertise; providing an administrative structure that further promotes a shared mission; increasing potential for collaboration across ISU programs; elevating the visibility of education programs; and making more efficient use of human and financial resources.

"With the noted emphasis on leadership and science, technology, engineering, and mathematics education, the School of Education is positioned to advance educational opportunities for people of all ages," said Pamela White, dean of the ISU College of Human Sciences.

Administratively, the school will stand within the College of Human Sciences umbrella – a nod to the growing emphasis on educators' work with students' families, human services, and other supporting agencies. Two department chair positions will be eliminated to make way for a single director – and two departmental directors of graduate education positions will be reduced to one. Resulting savings will be used to enhance the school's programs.

A national search for the school's first director is already well underway.



# Keeping up with the Berans

By Dana Woolley

To listen to Janice Beran, Anne Stark, and George Beran II talk about their experience at Iowa State University, and their passion for education, separately is to realize how much this family is alike. Janice graduated in 1976 with a doctorate in education and a minor in technology and social change in developing countries. Son George, named after his father, a professor at Iowa State, graduated with his bachelor's in 1987 in education, with a certificate in coaching and physical education. Daughter Anne started her collegiate career in the 1970s, took a detour, and returned in 1991 with a degree in community health and education. All three were shaped by their unique experiences at Iowa State, and yet, they note certain commonalities.

"I remember being really busy in college. I was taking several one and two credit classes – it was very time consuming," says George. "The trick was trying to balance my time in a realistic way. But once I found my niche, I became successful in college."

George is an elementary physical education teacher for Greenleaf Elementary in Minnesota. He's been with the school for 19 years, and was recently awarded the 2011 Minnesota Elementary School Physical Education Teacher of the Year Award. For George, the goal for his students is building achievements gained from unique physical education opportunities – some funded from grants George has earned for the school.

"I think success is really important for the children to experience. That's

why I try to keep my curriculum diverse, so students have many opportunities. Last winter we had a course in snowshoeing. I'm also working on a class that would teach disability awareness," says George.

Anne had a somewhat different college experience. The family lived in the Philippines where her parents did missionary work. After moving back to Iowa in 1973, George entered the fourth grade, but Anne entered her junior year of high school. When it came time for college, Anne says, "I wasn't really ready to go. I still felt a bit foreign."

Anne switched majors from child development to elementary education to physical education – she even took a class from her mother – but eventually dropped out. It was at this time that she discovered an emergency medical technician class in Des Moines.

"I'd always been interested in medicine and hospitals. In the Philippines, I'd get done with school and go to the hospital and watch surgeries," said Anne. She started working for Mary Greeley Medical Center in Ames, which covered expenses for her to finish her degree – she even spent a few years teaching a human diseases course at ISU.

Anne currently goes to high schools with a set of pig lungs, teaching students how to be tobacco free as part of a nicotine prevention program she created. "It's great to see the program going strong after 20 years. The pig lungs – that was an idea I got from my parents. They always found innovative ways to teach their students, and to



*From left: Anne Stark, Janice Beran, and George Beran II share a long history of giving back to their respective communities through health and physical education. Photo by Mike Kettleson/Kettleson Photography.*

get them interested in the material," Anne said. Anne and her husband also co-own Chocotaterie Stam in Ames.

As an educator, Janice noted the advancement of science, technology, and social change at Iowa State University. "The curriculum was increasingly becoming more science focused – biomechanics, kinesiology, psychology, sociology, and physiology. And in 1972, men's and women's classes were combined. They had been separate before. With Barbara Forker as the new head of the department, we were held to very progressive, very high standards," said Janice.

After 18 years of Iowa State achievements capped by induction into the Iowa Women's Hall of Fame, Janice says she is most proud of knowing her students. "I found helping children and youth become healthy individuals very rewarding – [as was having my university students] graduate and go on to instill the same values. It's very gratifying to see my youngest son and daughter teach their students with that same passion," Janice said.

# Leadership runs in the Goering-Sinclair family

By Mary Jo Glanville

Need a group photo of the Goering-Sinclair family? Just head to an Iowa State football game, and you will find all four of them. Don Goering, daughter Deborah Goering Sinclair, and granddaughters Heather and Hannah Sinclair are huge Cyclone fans.

Their spirited support for Iowa State, however, goes well beyond Cyclone athletics. They've all been leaders in promoting the opportunities that Iowa State offers.

The youngest is sophomore Hannah Sinclair, who just joined the College of Human Sciences by adding an apparel merchandising minor to her marketing and journalism majors and advertising minor. Her career goal is to work for Nike.

"I played sports in high school, and I had to decide whether to go to college for sports or school," she explained. "I decided school would take me further in life, but I'm passionate about sports. I figure this is the best of both worlds."

While she must schedule her time judiciously, Hannah makes time for organizations such as Freshman Council, Student Alumni Leadership Council (SALC), and Cyclone Alley.

Older sister Heather has served as an excellent role model. She graduated in December with a double major in apparel merchandising, design, and production and journalism and mass communication with an emphasis in public relations and a minor in event management.

She served as a student director of the Textiles and Clothing Fashion Show, as vice president of SALC, and as a member of the Cyclone Alley Central Committee. Heather also reached



*From left: Don Goering, Deborah Sinclair, Heather Sinclair, and Hannah Sinclair are active Cyclones. Attending football games together is just one of the many ways the family gets involved.*

out to new students through STARS, a group of student volunteers who work with the Admissions Office to present a positive and realistic view of academic life to prospective students.

Heather said each of these activities, along with two internships in New York, have given her the opportunity to develop and practice leadership skills. "I've found the most important thing is to keep a positive attitude," she said. "It's hard to do when things get stressful, but you have to believe you're going to get through it, and you will."

Deborah Sinclair (B.S. '83, home economics journalism) loves the fact that Heather and Hannah are so involved. "There are so many opportunities and there is so much more to learn than what is in the classroom," she said. "Being involved gives you a chance to have a feeling of belonging."

While a student, Deborah likewise involved herself in multiple extracurricular activities, including the Iowa State marching band. She was a

member throughout college and continues today in the alumni band. She also served as a Cyclone Aide and as the student advisor. "It was great learning all about the university and then sharing that knowledge with new students," she said.

Don Goering (B.S. '58, farm operations; M.S. '72, adult and extension education; Ph.D. '78, education) started the family trend when he enrolled at Iowa State College in 1954. Following graduation and active duty in the Army, Goering began his career as the Iowa County Extension Youth Assistant and was put in charge of the 4-H program.

Goering, who retired as State Extension Youth Development Specialist in 1998, spent many years helping 4-Hers develop their leadership skills. First with Heather and now with Hannah on campus, he is seeing a new generation of students developing their skills. "It's a unique experience having my granddaughters here," he said. "They pop in here very frequently, which makes it fun."

# Chicago Heights natives find home in Iowa State

By Scott Schrage

For the Booth-Goesel family, there's no place like Chicago Heights, Ill. But in adopting Iowa State as a second home, three generations have traced the evolution of the College of Human Sciences.

Elizabeth Engelhardt Booth (B.S., dietetics, '43) had never strayed far from Chicago Heights before arriving at Iowa State to join the former College of Home Economics in 1939. During her freshman year, she made herself at home in a building now used for other purposes: the Memorial Union.

"I think everybody on our floor lived outside of Iowa," Elizabeth said. "We could see most of the campus from our fourth-floor room. Being away from home and living in the Union was a very interesting and beautiful experience."

After graduating, marrying and returning to Chicago Heights, Elizabeth taught home economics at the high school she attended as a student. She also raised daughter Barbara, who followed her mother's lead by joining the College of Home Economics in 1970 – a year before the college celebrated its centennial. Barbara then pursued a degree in the former College of Education.

Barbara (B.S., elementary education, '73) noted that the combination of a special education endorsement, student-teaching experience and comprehensive curriculum prepared her to educate children of various grade and ability levels.

"It provided me with the recommendations and



From left: Chicago Heights natives Elizabeth Booth, Mark Goesel, and Barbara Goesel consider Iowa State University their second home.

confidence needed to get my first teaching job right after graduating," said Barbara, who now teaches kindergarten in Chicago Heights. "I am still using the insights I learned."

Barbara's son Mark (B.S., kinesiology, '06) came to Iowa State in 2004. The following year, his mother's and grandmother's colleges officially combined. As an alumnus of one of the College of Human Sciences' first graduating classes, Mark cited the influences of three kinesiology professors and an internship with the Iowa Community College Athletic Conference. Above all, he expressed gratitude toward Iowa State for serving as a home away from home.

"What sticks out for all three of us is the warmth shown by all within the ISU community," said Mark, who has also returned to Chicago Heights. "There were many more Iowans than out-of-staters, but people were always so nice and engaging."

"Saying that three generations of my family went to Iowa State is pretty neat – and who knows? Maybe the next generation will produce another Cyclone."

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# The Roland Rocket and his Rockettes

By Dana Woolley

Many students will agree that during their years in college, Iowa State University feels like their “home away from home.” Some students feel it so strongly that they choose to make Ames their actual home.

Gary Thompson grew up in the town of Roland, which inspired his sports alter-ego, The Roland Rocket. His wife, whom he met while pursuing his degree in physical education, was originally from Huxley. Ames was close enough to visit and offered them entertainment their small towns couldn’t.

“We always felt like Ames was our hometown,” said Gary.

During his time as a student, Gary was a member of the ISU basketball and baseball teams. He wanted to be a sports broadcaster, but in 1957, the journalism school was dedicated to agriculture-related journalism. He eventually found his niche in physical education.

“We took a wide variety of general education classes: English, speech, psychology, even geology – which would help me later in life working for a petroleum company. We also took sports classes of all kinds, like basketball and football – and, in those days the coaches and assistant coaches were our professors,” Gary said.

After graduation, Gary was part of an amateur basketball team sponsored by Phillips Petroleum. The team served as an advertising tool for the company, and Gary moved to Oklahoma to work as an official employee, and eventually, coach. In 1968, he had the opportunity to purchase the

Phillips distributorship and return to Ames. He and his wife, Janet, were very happy to move back home.

Gary’s passion for Iowa State transferred to his daughter, Kim Wierson. “There was never a question in my mind. I always knew I would attend Iowa State,” said Kim.

After Kim graduated from Ames High, she enrolled directly into the ISU elementary education program. She student-taught in Ames and started substitute teaching her first year out of college in 1980. Kim went on to work for the

Ballard Community school district as an elementary teacher for 20 years before resigning to become a homemaker. Her husband went to work with her father at Thompson Oil, the distribution branch Gary started in Ames.

The family’s most recent graduate of Iowa State and the College of Human Sciences is Chelsea Wierson, Kim’s daughter, who graduated in 2009 with a degree in apparel merchandising, design and production. Chelsea currently lives in California, working for Forever 21 as a visual sourcing assistant. During her time at Iowa State, she traveled to South Korea and Japan teaching swimming lessons

to children in military families and completing an internship with an accessory company called CC SKYE. But what she remembers most about her college experience is Ames.



*From left: Gary Thompson, also known as The Roland Rocket, with his daughter Kim Wierson. His granddaughter, Chelsea, is also an alumni of the college. Building on Gary’s legacy at the university, the family is proud to call Ames and ISU home. Photo by Kara Cipolloni.*

“I remember enjoying being on a college campus with so much history and character within the buildings. Living in my hometown but across town was nice. I could see my family if I wanted to, but I also had my own place,” Chelsea said.

All three family members graduated from programs designed to help people and improve their lives. And for each, Ames and Iowa State did the same for them.

“I’m proud to be an Iowa Stater. Ames is a great town to live in. We love going to athletic events and shows in C.Y. Stephens. Family is very important, and my family is here,” Kim said.



# Family and 4-H cultivate achievement for the Teggatz's

By Mary Jo Glanville

Retired for 18 years, Sandy (Floy) Teggatz and her husband Gene (B.S. '60, electrical engineering) spend much of the year in RV parks in Arizona and Florida. They reach out to their fellow seniors by helping them solve computer problems. "It's allowed me to use my teaching skills," said Teggatz (B.S. '60, household equipment and education). "And it has forced me to keep on learning."



*Beth Teggatz is the technical design manager for women's wovens at Lands' End in Wisconsin.*

This love of learning was enhanced by her Iowa State experience 50 years ago. "College gave me an awareness of what all was out there," she explained, "and it exposed me to learning how to live and work with people."

Though Sandy taught in the classroom for only one year, she spent 30

years nurturing young people as a 4-H leader. She started her first club when her oldest daughter was a baby. Both daughters – Beth and Julie – credit their mom for cultivating their interests through 4-H and by encouraging them to take on challenging projects.

Although Sandy worried at times that she would "burn the girls out," her encouragement led them to Iowa State and their eventual careers. Julie Teggatz Simonson is vice president of research and development for global science and technology at Campbell Foods in New Jersey; Beth serves as the technical design manager for women's wovens at Lands' End in Wisconsin.

Julie (B.S. '87, food science) grew up loving to bake and experiment with foods. She took it to a new level as a high school junior, when she conducted an independent research project substituting high fructose corn syrup for sugar in muffins. She conducted literature reviews at both the University of Iowa and Iowa State libraries, but it was a field trip arranged by her mom to food and nutrition Professor Diane McComber's product development class that convinced her to study food science at Iowa State.

Two years behind Julie in school, Beth was primarily interested in apparel and sewing. She used her mom's college pattern-making book to help her design and make clothes.

"I thought I wanted to be a fashion designer," Beth said, "but then



*Julie Simonson is vice president of research and development, global science and technology, for Campbell Foods in New Jersey.*

textiles and clothing instructor Ruth Glock introduced me to the industrial and technical side of the business. She got me my first job at Bob Allen Sportswear in Des Moines when I was a junior. It gave me experience working on an actual manufacturing sewing floor."

Like their mom, both women credit experiences outside of the classroom with helping them in their lives and their careers. As student director of the Family and Consumer Sciences Career Fair, Beth oversaw many student committees and interacted with a broad range of employers. "It helped me understand how to work with people and interact with them in different ways," she explained.

In her position with Lands' End, Beth's responsibilities include recruitment and development for technical design. And like her mom, who spent so many years reaching out to youth through 4-H, Beth has stayed in contact with the Iowa State's apparel merchandising, design, and production faculty offering feedback on ways to help students prepare for success in the industry.

# Education a custom in the Ebbers household

By Mary Jo Glanville

Kimberly Ebbers Wass (B.S. '90, elementary education) has a passion for teaching children and promoting the profession to prospective teachers. She has had an excellent role model.



*Kim Ebbers Wass teaches fourth graders in Arizona, and supports current teachers who are seeking National Board Certification..*

Her father Larry Ebbers (B.S./M.S. '68, agricultural/life sciences education; Ph.D. '70, education) is a professor in educational leadership and policy studies at Iowa State. He earned the prestigious title of University Professor in 2004 and has taught and mentored student-teachers for the past 46 years.

Both Kimberly and Larry credit experiences and mentors they had as students with helping them shape and achieve their goals in education.

Charles Frederiksen, Iowa State director of residence, was one of many people who mentored Larry. He first met Frederiksen while living in Friley Hall and serving as a head resident. Three years later, Frederiksen asked Larry, who was then teaching high school, to return to Iowa State to work in the Department of Residence.

Larry went on to earn his master's and doctorate while working for

Frederiksen. He received his first appointment in the College of Education as assistant to the dean, assistant professor, and coordinator of student services in 1972.

With her father working on campus, Kimberly became very familiar with the College of Education. She decided at a young age that she wanted to become a teacher. Her father's example, along with the encouragement and preparation she received in college, helped her develop a passion for teaching.

"I felt the instructors at ISU truly had an interest in students' well-being," she said. "My student-teacher mentor, Lori Diebel, has become a lifelong friend who continues to encourage my growth professionally."

Kimberly believes that having the opportunity to team up with teachers and apply skills in a classroom even prior to student-teaching gives Iowa State students real-time exposure to the realities of the profession. "Passion is required to do this job well," Kimberly said, "and these kinds of experiences help students determine if this is what they really want to do."

This focus on students is something for which Iowa State is well known, according to Larry. "As I travel around the state, something I hear over and over again is, 'Iowa State is a place where faculty really care about students, and students have many opportunities to develop leadership and teamwork skills.'"

Fittingly, Larry himself is well known for his concern for students – both those he teaches, advises, and



*Larry Ebbers is a professor of educational leadership and policy studies at Iowa State University. He earned the prestigious University Professor honor in 2004, and has taught students for the past forty-six years.*

mentors, and those his students go on to teach.

Kimberly says her dad continues to inspire her. Currently a fourth-grade teacher in Arizona, she recently earned her National Board Certification. Kimberly has served as a cooperating teacher for student-teachers and has opened her classroom to high school students who are considering becoming teachers.

"I love how my dad has always put students first," Kimberly said. "Our house was never quiet; there was always a phone ringing or a knock on the door with a student needing support. I got to witness firsthand how to connect with students and support them. Even to this day, when I visit my parents with my children, there are students calling or knocking on the door. That is what it means to be an educator – passionate, supportive and generous with your time."

# Iowa State prepared Pellett family for real world

By Mary Jo Glanville

Out of a class of 31 in her hometown of Walnut, Iowa, Nancy Fredrechsén Pellett (B.S. '66, institution management) was one of only a few of her classmates to go on to college.

Nancy has great admiration for the faculty who taught her. One of her professors was Lenore Sullivan. "I was an underclassman and had to beg to get into her last class," she explained. Nancy still uses Sullivan's cookbook, "What to Cook for Company: For Lovers of Good Cookery," and has given copies to her children.

"Iowa State was an eye-opening experience for me both in terms of the educational background that I got and the leadership opportunities," said Pellett, who was involved in Government of the Student Body,

Panhellenic Council, Homecoming, and VEISHEA. "I owe what has happened in my life to Iowa State."

Two high-profile events in Nancy's life were appointments by Iowa Gov. Terry Branstad and President George W. Bush. Branstad appointed Pellett to the Iowa Board of Regents in 1993. She served on the board until 1999. And in 2004, Bush appointed her to the Farm Credit Administration in Washington, D.C., where she served as chairman and CEO until 2008. In this position, she oversaw the effectiveness and efficiency of the agency responsible for the safety and soundness of the farm credit system. "I pulled from my experiences at Iowa State to help me do these jobs," she said.

Nancy and her husband James (B.S. '63, animal science) raised four children, all of whom are Iowa State alumni. "They are all connected in some way to agriculture and have an appreciation for the soil," she said. "We are very proud of them."

One child – Marci Pellett Loder – is a human sciences alumna like her mom, having graduated in exercise science in 1992.

After graduation, Marci worked briefly with her dad on the farm and taught exercise classes in Atlantic. While there, she met her husband.

Since their marriage in 1993, the family has moved to four different states and one country, Spain, where Marci has used her degree professionally via personal training and corporate wellness programs. She has also used her organizational skills to plan all of their moves. "When you move as much as we have, you get it all figured out how to do it methodically," Marci explained.

Now with two young children – Madeline was born in 2000 and Sebastian in 2003 – Loder keeps busy taking care of the kids. She shares her talents at her children's schools. "I know a lot of the kids and a lot of the teachers, and I enjoy being in the classroom," she said.



*From left: Marci Loder, daughter of Nancy, used her Iowa State University degree in personal training sessions and in corporate wellness programs. Nancy Pellett used her degree as chairman and CEO of the Farm Credit Administration from 2004-2008.*



# Armbrecht family's experience at Iowa State really "pops"

By Mary Jo Glanville

Alyssa Randall had a truly unique experience at Iowa State. One, in fact, that set a Guinness World Record.

Alyssa (B.S., '02, food science and technology and chemical engineering) was the student coordinator for an effort to make the world's largest Rice Krispies Treat. As part of Iowa State's "Strengthening Families to Become the Best" theme year, the project involved more than 100 students, faculty, and staff. The 2,480-pound treat was paraded at VEISHEA 2001.

That Alyssa had the technical knowledge and skills to lead such a project and launch her career as a food engineer with General Mills is a tribute to both the experiences she had at Iowa State and to her mother, Marlene Armbrecht. "She always encouraged us to explore different careers," Alyssa explained. "I really liked food science, but I was also interested in engineering, and so I wanted to get a dual degree."

Her mom's values continue to influence Alyssa today – caring for family and community. After five years with General Mills, Alyssa and her husband Scott joined a fair trade business in Istanbul, Turkey.

"We thought there was no better time to do something like this," Alyssa said. "We produce handcraft gift items. Our goal is to work with the poor and provide them good working conditions and fair wages."

Marlene (B.S. '68, home economics education; M.S. '70, child development) planned to become a home economics teacher. By graduation, she had developed a new plan – marrying veterinary student Paul Armbrecht the next summer.



*From left: Amy Sadera, Marlene Armbrecht, Todd Armbrecht, and Alyssa Randall. The family found ways to use the skills they learned at Iowa State University in their personal and professional lives.*

Thus she adapted her plan to fit the circumstances. Rather than move from Ames, Marlene began graduate school in child development, where she heard child development Professor Dianne Draper give a presentation on parenting.

"[Draper] was a new mother and talked about childbirth and breastfeeding and everything related to that," Marlene said. "It really impacted my life." After moving to Washington, Marlene enrolled in childbirth training to become a Lamaze instructor. After returning to Iowa, she helped introduce Lamaze to rural communities.

By the early 1990s, Marlene completed the requirements for licensure in early childhood special education. She accepted a job with Arrowhead (now Prairie Lakes) Area Education Agency, where she currently conducts home interventions. "I love what I am doing," she said. "I feel I can really make a difference with these families and kids."

Two of Marlene's other children – Amy and Todd, along with son-in-law Bill Sadera (M.S. '98 and Ph.D. '01, education-instructional technology) – are also human sciences alumni.

Amy (B.S. '98, apparel merchandising, design, and production) began her career with Polo Custom Products in Monticello. When she and her husband moved to Baltimore for Bill's faculty appointment at Towson University, Amy adapted her skills to a new industry. She spent seven years as a senior manufacturing engineer for a defense contractor and earned her MBA from Loyola University.

Todd (B.S. '98, hotel, restaurant, and institution management) began as a business major, but a part-time job at Happy Joe's helped him find his niche in restaurant management. He currently manages Olive Garden in West Des Moines.

Like their mom, Alyssa, Amy, and Todd have found ways to use the skills in both their personal and professional lives.



## Nissen family's home-grown tradition

By Scott Schrage

As proprietors of a family vineyard, Holyce Nissen and son Matt know that wine gets better with age.

While students at Iowa State, they learned that knowledge reaches fruition with experience.

Matt (B.A., hospitality management, '04) learned that lesson while preparing five-course gourmet meals in the Joan Bice Tearoom as part of his program's Fine Dining Management class.

"It was a fun experience," said Matt, whose parents attended a dinner he helped prepare. "We sold tickets, put together the tableware, decorated the whole room, printed off menus – everyone had a different job. We even went down to the farmer's market and bought local ingredients."

After graduating, Matt began managing the daily operations for his parents' Prairie Moon Winery and Vineyards. He noted that his experiences in the Tearoom helped ease his transition from classroom to career.

"When it comes to hosting wine tastings and social nights," Matt said, "the planning skills I learned as a student really help."

Holyce, who owns Prairie Moon with husband and fellow Iowa State alumnus Steve, also reaped the benefits of firsthand experience as a student.

"I student-taught right here in Ames," said Holyce (B.S., elementary education, '73), who spent 10 of her 15 years in the classroom teaching kindergarten at Crawford Elementary School in Ames. "No matter how many methods courses you take, you really learn so much when you get out there with teachers who have many years of experience and can help you along. I found out that it was where I should be and what I really wanted to do."

Now that she's retired from teaching, Holyce said she greatly enjoys working with her son – and watching him continue to learn from experience.

"We live only five minutes from the winery, so we can go down there and



*From left: Holyce Nissen and her son Matt Nissen in their Ames winery. The Nissens took what they learned from Iowa State University and turned their experiences into successful, and local, careers. Photo by Kara Cipolloni.*

interact with him on a regular basis," she said. "He's really evolved into a very good manager and winemaker."

Matt considers himself lucky to share in both the family business and alma mater.

"I think it's really important that my family's carrying on a tradition," he said. "It's just something special that you can't replace."